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United States
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Food and
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Reply to

Attn. of:

MWNT-1

Subject:

Food Buying Guide Supplement

To:

State Agencies
Child Nutrition Programs

Attached is a copy of Supplement Number 1 to the "Food Buying Guide for Child Nutrition Programs" (PA-1331). It contains new yields for foods listed in the "Food Buying Guide for Child Nutrition Programs" (PA-1331) and also yields for some new foods not now listed in the Guide. It also contains Food Buying Guide information for nuts and seeds and nut or seed butters.

Most of the information in this Supplement is based on research conducted by the USDA Human Nutrition Information Service at the Beltsville laboratories. The information on nuts and seeds and nut or seed butters was obtained from Agricultural Handbook Number 8-12, "Composition of Foods: Nut and Seed Products."

Please convey this information to Child Nutrition Programs under your jurisdiction.

Robert W. Dean

ROBERT W. DEAN
Regional Nutrition
Coordinator

Attachment



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Attachment

AD-33 Bookplate
(1-68)

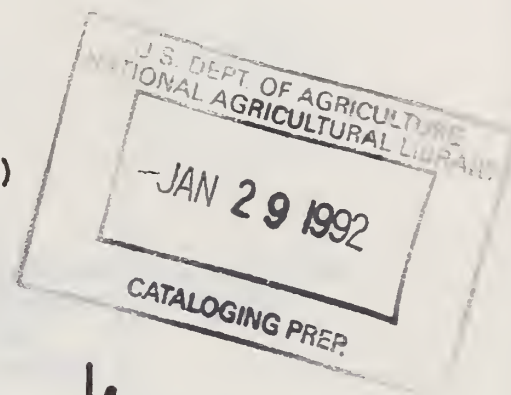
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Supplement No. 1
to
Food Buying Guide for Child Nutrition Programs (PA-1331)
June 1986



1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
MEAT AND MEAT ALTERNATES					
NUTS AND SEEDS					
Tree Nuts					
Almonds	Pound	16	1 oz nuts	6.3	1 lb = about 3-1/2 cups chopped
Brazil Nuts	Pound	16	1 oz nuts	6.3	1 lb = about 3-1/4 cups whole
Cashew Nuts	Pound	16	1 oz nuts	6.3	1 lb = about 3-1/3 cups whole or halves
Filberts (Hazelnuts)	Pound	16	1 oz nuts	6.3	1 lb = about 4 cups chopped
Macadamia Nuts	Pound	16	1 oz nuts	6.3	1 lb = about 3-1/3 cups whole
Pecans	Pound	16	1 oz nuts	6.3	1 lb = about 3-3/4 cups chopped
Pine Nuts (Pinyons)	Pound	16	1 oz nuts	6.3	
Pistachio Nuts	Pound	16	1 oz nuts	6.3	1 lb = about 3-1/2 cups
Walnuts, Black	Pound	16	1 oz nuts	6.3	1 lb = about 3-5/8 cups chopped
Walnuts, English	Pound	16	1 oz nuts	6.3	1 lb = about 3-3/4 cups pieces
(INFORMATION ON NUTS REPLACES INFORMATION NOW IN THE OTHER FOODS SECTION OF THE FOOD BUYING GUIDE)					

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Supplement No. 1
to
Food Buying Guide for Child Nutrition Programs (PA-1331)
June 1986
(Continued)

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1. Food as purchased	2. Purchase unit	3. Servings per purchase unit	4. Serving size or portion and contribution to the meal requirement	5. Purchase units for 100 servings	6. Additional yield information
MEAT AND MEAT ALTERNATES					
NUTS AND SEEDS					
Other Nuts					
Peanut Granules	Pound	16	1 oz nuts	6.3	1 lb = about 3-1/4 cups
Peanuts	Pound	16	1 oz nuts	6.3	1 lb = about 3 cups whole
Soynuts	Pound	16	1 oz nuts	6.3	1 lb = about 4-1/4 cups whole
Seeds					
Pumpkin and Squash Seeds	Pound	16	1 oz nuts	6.3	1 lb = about 2 cups
Sesame Seeds	Pound	16	1 oz nuts	6.3	
Sunflower Seeds	Pound	16	1 oz nuts	6.3	1 lb = about 3-1/2 cups

(INFORMATION ON NUTS REPLACES INFORMATION NOW IN THE OTHER FOODS SECTION OF THE FOOD BUYING GUIDE. INFORMATION ON SEEDS IS NEW.)

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¶ 2 245 10 Supplement number 1 to the "Food Buying Guide for Child Nutrition Programs" (PA-1331). ¶

¶ 3 260 0 Chicago, IL : #b U.S. Dept. of Agriculture, Food and Nutrition

Service, Midwest Region, #c 1986. ¶

¶ 4 710 10 United States. #b Dept. of Agriculture. #b Human Nutrition Information Service. ¶

¶ 5 740 01 Food buying guide supplement. ¶

¶ 6 740 01 Supplement no. 1 to Food Buying Guide for Child Nutrition Programs (PA-1331), June 1986. ¶

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Supplement No. 1
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(Continued)

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MEAT AND MEAT ALTERNATES					
PEANUT BUTTER AND OTHER NUT OR SEED BUTTERS	(INFORMATION ON PEANUT BUTTER ON PAGE 39 OF THE FOOD BUYING GUIDE NOW INCLUDES ALL NUT OR SEED BUTTERS SUCH AS ALMOND BUTTER, CASHEW NUT BUTTER, SESAME SEED BUTTER AND SUNFLOWER SEED BUTTER)				
SEAFOOD					
Canned					
Tuna Chunk	12-1/2 oz cans	11.0 7.3	1 oz fish 1-1/2 oz fish	9.1 13.7	1 can = 11 oz drained tuna
		(NEW INFORMATION)			

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VEGETABLES					
ONIONS					
Dehydrated Chopped	Pound	49.9	1/4 cup cooked vegetable	2.0	1 pound dry = about 4-2/3 cups
(REPLACES INFORMATION THAT IS NOW ON PAGE 140 IN THE OTHER FOODS SECTION OF THE FOOD BUYING GUIDE)					
PEAS					
Edible podded (Chinese Snow Peas) Frozen	Pound	11.4	1/4 cup cooked vegetable	8.8	
(NEW INFORMATION)					
PEPPERS					
Green Chile Canned Chopped	No. 10 can (103 oz)	51.4	1/4 cup heated vegetable	2.0	1 No. 10 can = about 12-7/8 cups drained vegetable
	Pound	7.9	1/4 cup heated vegetable	12.6	
(NEW INFORMATION)					



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POTATOES, WHITE					
Dehydrated					
Flakes	Pound	50.5	1/4 cup reconsti- tuted vegetable	2.0	1 pound dry = about 7-1/2 cups
Granules	Pound	50.5	1/4 cup reconsti- tuted vegetable	2.0	1 pound dry = about 2-1/4 cups
Frozen					
French Fries					
Regular					
Crinkle-cut or Straight-cut	5 lb pkg	68.7	1/4 cup heated vegetable (about 5 pieces)	1.5	
	Pound	13.7	1/4 cup heated vegetable	7.3	
Potato Rounds	Pound	12.7	1/4 cup heated vegetable (about 4 pieces)	7.9	
(ABOVE DATA ON POTATOES REPLACES INFORMATION ON PAGES 101 AND 102 OF THE FOOD BUYING GUIDE)					
TOMATOES					
Canned					
All Forms					(INFORMATION ON TOMATOES ON PAGE 110 OF THE FOOD BUYING GUIDE NOW INCLUDES ALL FORMS OF CANNED TOMATOES - WHOLE, DICED, STEWED, ETC.)
BREAD AND BREAD ALTERNATES					
Cereals (Group D)					
Millet	Pound	41.6	1/4 cup cooked	2.4	1 lb dry =
		20.8	1/2 cup cooked	4.8	about 2-1/3 cups
		13.9	3/4 cup cooked	7.2	
(NEW INFORMATION)					



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POTATOES, WHITE					
Dehydrated					
Flakes	Pound	50.5	1/4 cup reconsti- tuted vegetable	2.0	1 pound dry = about 7-1/2 cups
Granules	Pound	50.5	1/4 cup reconsti- tuted vegetable	2.0	1 pound dry = about 2-1/4 cups
Frozen					
French Fries					
Regular					
Crinkle-cut or Straight-cut	5 lb pkg	68.7	1/4 cup heated vegetable (about 5 pieces)	1.5	
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(NEW INFORMATION)					

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